



BROOKLYN GETS BATTLE-READY

MODEL-TURNED-ACTRESS FORCED TO PROVE HER METTLE FOR LATEST GIG IN PETER BERG'S BATTLESHIP

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Tuesday, May 15, 2012



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BACK IN BLACK

The Black Keys entertained 7,500 mostly 20-somethings on Monday at MTS Centre, less than a year after their last performance in July. The garage-rock heroes put on an energetic show of their biggest hits for a loud and enthusiastic Winnipeg crowd. See more photos at metronews.ca/winnipeg. DAVE BAXTER/FOR METRO

Project dead in the water

City hall. Canalta backs out of downtown water-park plan



SHANE GIBSON
shane.gibson@metronews.ca

Canalta Hotels' controversial proposal to build a water park and hotel near The Forks has met a watery grave.

The Alberta-based hotel chain withdrew its proposal in a letter sent to the city last Friday, after council opted to delay a vote on the proposal until the company provided more information, including a site plan, a detailed design and a public-access agreement.

"Council passed a motion that requires significant additional cost over and above what we have already incurred without knowing if any design we propose might be approved," stated the letter signed by Canalta CEO Cam Christianson. "We

Quoted

"Our processes didn't work to properly develop this land ... We need to look at a better way to move major projects forward on important pieces of land."

Coun. Jenny Gerbasi

must have a reasonable expectation of success before incurring further costs, which we do not have."

Deputy Mayor Justin Swandel, one of five councillors who voted against the delay, told media he wasn't surprised Canalta backed out.

"I'm disappointed," Swandel said outside city hall Monday. "I think we could have gotten something done here that would have respected the site and been a great value to all Winnipeggers."

The proposal would have

seen Canalta get \$7 million in funding to develop a 300-room hotel with a 50,000-square-foot water park and a 450-stall parkade on city-owned land, between the Winnipeg Gold-eyes' Shaw Park and the under-construction Canadian Museum for Human Rights.

The deal would have also seen Canalta pay the city \$6 million for the land known as Parcel 4 and provide \$700,000 in vouchers annually for 25 years for low-income families to use at the park.

Swandel said providing the city with the information requested would have cost Canalta "hundreds of thousands of dollars" and wasn't viable for the company.

The \$7 million earmarked for the water park will now be put back into the city's recreation fund.

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Aveda comes to Exchange District

The beauty of green.
Institute and salon brings its expertise to the neighbourhood



BERNICE PONTANILLA
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The Exchange District has a new neighbour ready to beautify the area's residents and patrons with scissors, flat irons and makeup brushes.

Aveda officially opened its doors on Monday and showed off its brand new 9,000-square-foot space, which houses its Aveda Institute & Academy Salon and a retail store in the Ashdown Building on Rorie Street.

Nan Campbell, Aveda Institute Winnipeg's retail team leader, said Aveda is known for its commitment to the environment, selling petroleum-free and paraben-free beauty products.

Teaghan Smith, one of the 15 students in the inaugural class that began on April 17, said she knew throughout high school that she wanted to work in the beauty industry but still gave university a try, albeit for one semester.



Raheela Gangji, assistant director of Aveda Institute Winnipeg, provides some pampering to Antonietta Priolo.
BERNICE PONTANILLA/METRO

By the numbers

58

Winnipeg joins a global network of 58 Aveda Institutes worldwide.

"I started exploring my options and always went back to

hair, so I did my research and the (Aveda) school is for me," said Smith, 21.

"Not only for their reputation, but what they stand for and what goes into their products, especially the way the world is now, going green, to be able to work in that, it's amazing."

Smith said she intends to continue her training at Aveda's academy after the inaugural class' nine-month program is complete. She's also thrilled with the school's location in the Exchange District.

"The fact that I get to go to school in this area every day, it's awesome," she added.

Paying homage

A delight to both smell and sight

The new Aveda Institute in the Exchange District is not only warm and inviting, it also pays homage to its Ashdown Building roots, with its brick and wood visible to all visitors, staff and students.

In keeping with the company's environmental mission, the space was designed by Melacor and incorporates FSC-certified laminate flooring, zero-VOC paints and high efficiency compact fluorescent lights.

Add to this mix aromatherapy from the Aveda products and it's instant relaxation.

And so worth a return trip. **BERNICE PONTANILLA/METRO**

The Aveda Institute is already taking appointments. For more information, visit avedainstitute.ca/winnipeg.

Follow Bernice Pontanilla on Twitter @MetroBee



Man who beheaded Greyhound passenger may get escorted trips

Crown prosecutors do not oppose letting a man who beheaded a fellow passenger on a Greyhound bus off of the grounds of a Manitoba mental hospital.

A psychiatrist treating Vince Li has asked a federal review board to let Li take escorted trips into the city of Selkirk.

Dr. Steve Kremer says Li has responded well to his treatment and understands he has schizophrenia.

The Crown did not object to the request at Monday's hearing.

The board has reserved

its decision.

The victim's mother, Carol DeDelley, has opposed granting more freedom to Li, saying he should be kept behind locked doors for the rest of his life.

Li's trial was told he was an untreated schizophrenic who heard voices telling him to kill McLean, a young carnival worker who Li had never met before. Passengers said Li started stabbing McLean in an unprovoked attack.

The Crown had previously opposed some of the recommendations to give Li more freedom. **THE CANADIAN PRESS**

No longer in locked ward

Vince Li has been in a mental hospital since he was found not criminally responsible for stabbing and decapitating Tim McLean on a Greyhound bus in July, 2008.

Li was initially kept in a locked ward, but began being allowed short walks on the hospital grounds in 2010.



Standoff in Transcona

Traffic had to be blocked in a Transcona neighbourhood after residents say officers with shotguns surrounded a home in the 500 block of Horton Avenue West around 8:30 a.m. Monday. Police would only say they were assisting with a report of a distraught male. **SHANE GIBSON/METRO**

1 NEWS

On the web

Bottom line in robotics

From the maker of the Internet kiss machine comes Shiri, a robotic bum. Nobuhiro Takahashi and his colleagues are testing the limits of human-robot relationships with the responsive posterior that twitches and tenses in response to human contact. Watch at metronews.ca

Mobile news



Now that Michael Rafferty is heading to jail and all details of the case can be discussed openly, legal experts are debating whether the publication ban on Terri-Lynne McClintic's guilty plea had the intended effect. Scan the code for the story.

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Plane crash survivor Andreas Rasch, from Denmark, is helped by rescue workers. SANTOSH POKHARAL/THE ASSOCIATED PRESS

15 dead after plane crashes into Himalayas

A plane crashed into a mountain in the Himalayas while trying to land at an airport in northern Nepal on Monday, killing 15 people and injuring six, some critically.

It was carrying two pilots and a flight attendant — all Nepalese — along with 16 Indians and two Danish citizens, both of whom survived, officials said.

Television footage showed the Danes being taken inside a hospital in the nearby city of Pokhara, the man being led on foot and the woman crying in pain as she was carried on a

Quoted

"We were thrown around. The seats were unfastened and we were squeezed between seats and bodies,"

Emilie Joergensen, plane crash survivor

stretcher.

The plane was turning to land at Jomsom Airport when it crashed, said Laxmi Raj Sharma, chief government administrator in the area.

It broke into pieces but did not catch fire. Sharma said an initial investigation indicated the Dornier aircraft, which belonged to the local Agni Air company, might have had technical problems.

Rescue was swift because the plane crashed just a few metres from an army camp at Jomsom.

The Danish tabloid Ekstra Bladet said it spoke to the Danish passengers by phone at the hospital and identified them as Emilie Joergensen and Andreas Rasch.

THE ASSOCIATED PRESS

Fiery crash. Three killed in B.C. float-plane accident

Three people are confirmed dead in the crash of a float plane that went down as horrified onlookers watched it burst into flames in southern British Columbia.

"Our information is that, tragically, none survived the accident," Transportation Safety Board spokesman Bill Yearwood said Monday.

He confirmed the de Havilland Beaver aircraft went down just before 7 p.m.

Sunday, only minutes after takeoff from Okanagan Lake, near the community of Peachland, 25 kilometres southwest of Kelowna.

The aircraft was heading to its home base of Pitt Meadows, about 40 kilometres east of Vancouver, when it slammed into a steep, wooded hillside along Highway 97C and caught fire.

THE CANADIAN PRESS

Saskatchewan

Bodies from plane collision recovered

An official with the Transportation Safety Board says the bodies of five people killed in a mid-air collision over Saskatchewan have been recovered.

Peter Hildebrand says the investigation into what happened Saturday in the sky over St. Brieux, northeast of Saskatoon, is proving difficult.

THE CANADIAN PRESS

RCMP acted appropriately during G20, watchdog says

Report. Commission commends Mounties for planning and action during violent protests at summit in Toronto last June

The RCMP acted in a "reasonable and appropriate" fashion during the Toronto G20 summit marred by violence and mass arrests, says the watchdog that keeps an eye on the national police force.

In its long-awaited investigation report, the Commission for Public Complaints Against the RCMP says there were no incidents of unreasonable force by the Mounties.

It also found RCMP planning was thorough, placement of security fencing justifiable and intelligence-gathering done with attention to the rights of demonstrators.

In addition, there was no indication that RCMP undercover operators or event monitors acted out of line or as agents provocateurs, the commission says in its report released Monday.

G8 leaders gathered in

scenic cottage country near Huntsville, Ont., in late June 2010 before joining other politicians for the G20 summit in downtown Toronto.

Municipal police officers were responsible for most of the frontline street duties at the G20, but the RCMP was a key player in summit security planning, co-ordination and protection of foreign visitors.

Though Mounties were involved in three incidents of kettling — or boxing in — protesters, contrary to RCMP policy, they acted reasonably on orders of the Toronto police in charge, according to the commission report.

Still, it recommends better co-ordination between the RCMP and other forces at future events, as well as clear operational guidelines to avoid any confusion.

"As you can appreciate, with thousands of members of the RCMP and other police services coming into Toronto for this event, that co-ordination is vital," said Ian McPhail, interim commission chairman. "While we found that on balance it was well done, we certainly found that there was room for improvement."

THE CANADIAN PRESS

Watchdog

"While we found that on balance it was well done, we certainly found there was room for improvement."

Ian McPhail, interim chairman of the Commission for Public Complaints Against the RCMP
The complaints commission investigation, which began in November 2010, is one of several probes that looked at elements of policing and security at the summits.

Complaints

Alleged human rights violations

In its complaint to the commission, the Canadian Civil Liberties Association said media, human rights monitors, protesters and passersby were scooped up off the streets during the G20 event.

More than 1,000 people were taken into custody — the largest mass arrest in Canadian history — while only a small number of violent participants did considerable damage to shops and cars in Toronto.

Detained people were not allowed to speak to a lawyer or to their families, the association maintained.

Arbitrary searches took place in numerous Toronto locations, peaceful protests were violently dispersed and, in an effort to locate and shut down radical Black Bloc activists, the police disregarded the constitutional rights of thousands, the group claimed.

The commission report says the Mounties arrested a total of just seven people — two of them plainclothes Toronto officers. THE CANADIAN PRESS

Quebec

Education minister resigns amid unrest

Quebec's education minister and deputy premier resigned from politics Monday in a bombshell announcement that came after months of student-related unrest.

Education Minister Line Beauchamp said she was not resigning because of violence and intimidation related to the student strike.

THE CANADIAN PRESS

Montreal. Attack draws attention to radical group

Smoke-bomb attacks that paralyzed Montreal's subway system are drawing attention to a more radical student group that cites classic anarchist theorists.

A manifesto from the Critical Students Forces from several months ago called the fight for free education only a brief part of the grand struggle against capitalist society.

The group organized a

demonstration Monday on the steps of Montreal's courthouse while four people were being charged in last week's smoke bombing.

There was a shoving match with journalists, as group members accused them of siding against the movement.

Members were upset that some media reports tied their group to the subway-attack suspects. THE CANADIAN PRESS

Palestinian prisoners agree to end their hunger strike

Deal with Israel.

The agreement ended a standoff that left some clinging to life; thousands demonstrated

Hundreds of Palestinian prisoners agreed Monday to end a long hunger strike after winning concessions from Israel to improve their conditions and limit detentions without trial.

The two sides announced the agreement resolving a standoff that united Palestinians behind one of their most emotional causes.

The deal ended one of the largest prison protests ever staged by Palestinians.

Two men had refused food for 77 days, the longest ever Palestinian hunger strike, leaving them in life-threatening condition, according to their supporters.

With the Palestinians set to hold an annual day of mourning on Tuesday, both sides were eager to wrap up a deal to lower tensions.

The Palestinian people are marking what they call the “nakba,” or “catastrophe,”

Concessions

The Palestinians won key concessions in the deal mediated by Egyptians, including more family visits and limits to a controversial Israeli policy that can see people imprisoned for years without charge.

- In return, Israel extracted pledges by militant groups to halt violent activities, and prevented the potentially explosive scenario of prisoners dying of hunger.
- Two men launched the strike on Feb. 28 becoming the longest ever Palestinian hunger strikers. At least 1,600 other Palestinian prisoners — more than a third of the prison population — joined the strike on April 17.

the term they use in describing the suffering that resulted from the establishment of Israel, 64 years ago.

The deal for prisoners was signed on Monday afternoon. Egyptian mediators brokered the deal. **THE ASSOCIATED PRESS**



Palestinian activists inside the Socialist headquarters in Paris, Monday, demand the release of Palestinian prisoners in Israel. CHRISTOPHE ENA/THE ASSOCIATED PRESS

Police investigate mobster's remains in basilica



Pietro Orlandi, brother of missing girl Emanuela, arrives at Sant' Apollinare Basilica, in Rome, Monday. ROBERTO MONALDO/LAPRESSE/THE ASSOCIATED PRESS

Forensic police swarmed the crypt of a Roman basilica on Monday to exhume the body of a reputed mobster as part of an investigation into one of the Vatican's most enduring mysteries.

Investigators were looking into the 1983 disappearance of the teenage daughter of a Vatican employee.

Medical experts took samples from the remains of Enrico De Pedis and also took boxes of old bones from the nearby ossuary, according to a De Pedis family lawyer, as part of the investigation into

whether Emanuela Orlandi may have been buried alongside him.

Orlandi was 15 when she disappeared in 1983 after leaving her family's Vatican City apartment to go to a music lesson in Rome.

Her father was a lay employee of the Holy See.

De Pedis, a member of Rome's Magliana mob, was killed in 1990.

His one-time girlfriend has reportedly told prosecutors that De Pedis kidnapped Orlandi, and an anonymous caller in 2005 told a call-in

television show that the answer to Orlandi's disappearance lay in his tomb.

Amid a new push to resolve the case, the Vatican said last month it had no objections to opening the tomb.

Orlandi's brother, Pietro, who was at the scene, said samples from De Pedis' body had been taken for further tests and the tomb re-closed.

He said the corpse was in relatively good condition, but there was only one body — that of a male — inside the casket.

THE ASSOCIATED PRESS

Strange location

Speculation has long swirled around the location of De Pedis' tomb, since he is buried alongside important Catholics — an unusual final resting place for a reputed mobster. As the exhumation went on, a priest was celebrating mass upstairs.

- De Pedis' casket is expected to be moved to another location for reburial.

Poison plot?

Dalai Lama says he's heard China trained women to assassinate him

China accused the Dalai Lama of being deceitful Monday after he reportedly alleged that Chinese agents trained Tibetan women to assassinate him

by planting poison in their hair or scarves for him to touch during blessings.

The Chinese Foreign Ministry said the Tibetan spiritual leader's allegations were not worth refuting. Hundreds of thousands of people take pilgrimages each year to northern Indian town of Dharmasala, where the Dalai Lama lives.

THE ASSOCIATED PRESS



The Dalai Lama, Tibetan Buddhist leader, in London on Monday. SANG TAN/THE ASSOCIATED PRESS

Afghanistan

Leader mourned

Hundreds of people on Monday mourned the death of a Taliban official who had reconciled with the Afghan government and was working for peace. A gunman in a car assassinated Arsala Rahmani on Sunday.

THE ASSOCIATED PRESS

Mexico

Drug cartels fight over smuggling routes

Authorities worked Monday to identify the 49 people found mutilated and scattered in a region near the U.S. border in the town of San Juan.

THE ASSOCIATED PRESS

Newark airport

Staffer arrested

A security supervisor at the Newark, New Jersey, airport has been arrested on a charge he was using the identity of a murdered New York City man. Charged is Bimbo Olumuyiwa Oyewole known as Jerry Thomas.

THE ASSOCIATED PRESS

Resignation

Best Buy chairman steps down after investigation

America's biggest consumer electronics retailer Best Buy said Monday its founder Richard Schulze is stepping down as chairman after an investigation found that he knew that the CEO was

having a relationship with a female employee and failed to alert the audit committee.

The company also said that despite its audit committee finding that then-CEO Brian Dunn violated company policy by having a 'close personal relationship' with a female employee, he gets a severance package worth about \$6.6 million US. **THE ASSOCIATED PRESS**



Best Buy founder Richard Schulze
THE ASSOCIATED PRESS

Lawsuit

Bell sued for \$100 million over expiry dates

Bell Mobility and its parent company, BCE Inc., have been served with notice of a \$100-million class-action lawsuit alleging that expiry dates on its pre-paid wireless services are illegal.

The suit alleges the practice is contrary to Ontario's Consumer Protection Act and the pre-paid wireless services should be treated as gift cards without an expiry date under the act.

The suit is being handed by the Toronto law firm of Sack Goldblatt Mitchell LLP on behalf of Celia Sankar of Elliot Lake, Ont. **THE CANADIAN PRESS**

Safety

Feds investigate Hyundai Elantra

Federal safety regulators are investigating a complaint that a car owner's ear was cut in half when a side air bag inflated in a Hyundai Elantra. The probe will examine whether the problem could recur in certain models. **THE ASSOCIATED PRESS**

Canadians confident in job security

Economic climate.

Survey suggests 75 per cent are 'extremely secure' about their jobs; but one in three are dissatisfied with their career progression

A new survey of employees suggests tough economic times are taking a toll on career paths and job satisfaction.

The survey conducted by Harris-Decima Research on behalf of Ceridian Canada suggests there are significantly more workers than last year who believe they will not be getting a pay boost, bonus or promotion in the next year.

And four in 10 say they believe their employer is using the bad economy as an excuse to deny them a promotion or more money.

The level of dissatisfaction was somewhat surprising given that on the question of whether respondents felt secure in their job, 75 per cent said they were "extremely secure" or not concerned about losing their job.

"There were some surprising findings," said John Cardella, Ceridian's vice-president of human resources.

"Canada hasn't been as hard hit as some other countries, but having said that, the fact that one in three are dissatisfied with their career progression clearly states that employers need to do more if they want to retain their top talent."

He points out that 27 per cent of the respondents who said they were unsatisfied had left their job as a result.

Harris-Decima polled 800 employed Canadians in early March. Human resources firm Ceridian said one of the interesting findings is that employees who are given performance reviews tended to be more satisfied. Cardella said that is likely because they felt "connected" to the business.

The survey found on the job satisfaction indicators, there has been a dramatic shift downward in attitudes.

Eighty-five per cent of the 800 polled say they don't expect a promotion for another year, compared to 39 per cent in 2011, and 43 per cent say they don't expect a salary increase, compared to 27 per cent 12 months ago.

Overall, 31 per cent expressed dissatisfaction with their career progression, eight percentage points higher than a similar survey conducted in 2011. **THE CANADIAN PRESS**



Japanese manufacturing taking a turn for the robotic

Robots make Yaris compact sedans at a Toyota plant in northern Japan in this 2011 file photo. Canon is moving toward fully automating digital camera production in an effort to cut costs — a key change being played out across Japan, a world leader in robotics. It's not simply the stereotype of machines snatching assembly-line jobs from workers — if successful, counting on machines could help preserve Japan's technological power, Canon spokesperson Jun Misumi said Monday. The move toward machine-only production will likely be completed in the next few years, perhaps as soon as 2015, said Misumi, although he declined to give specific dates. **KOJI SASAHARA/THE ASSOCIATED PRESS**

Market Minute



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OIL
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GOLD
\$1,561 US (-\$23.00)

Banking. Guidelines set for mobile payments

Canada's financial institutions say they've developed voluntary guidelines for mobile payments that will work with technology already in place.

The Canadian Bankers Association says the guidelines

are designed to work with the same security standards used by chip-enabled credit and debit cards and using the same hardware employed for non-touch cards.

THE CANADIAN PRESS

Greece to leave eurozone? You can bet on it

It's getting harder and harder to bet on Greece.

No, that's not some philosophical statement on the state of the country's economy and politics. Instead, two major British oddsmakers have stopped

taking wagers on whether the country will leave the eurozone.

The reason? Greece's exit has become so likely that gamblers weren't bothering with the paltry payoffs on offer.

"You're not going to be getting rich on a 1-to-3 payout. We've had to slash the price so much that people just weren't betting on it," said Jessica Bridge, a spokeswoman for Ladbrokes. That 1-to-3 payout means you had to fork over \$3 for every dollar in potential winnings.

When Ladbrokes first began taking bets on the likelihood of Greece ditching the euro by 2014 earlier this year, the price was 4-to-6, Bridge said.

The decision to bail on accepting Greece-related

wagers came after the recent national election there, said Bridge. The election gave the balance of power to parties against austerity measures meant to secure more bailout money for the country.

William Hill, another major British oddsmaker, has also decided to stop taking bets.

If you still feel like gambling on Greece's potential exit from the 17-country Euro currency, you can — just not with a traditional bookie. **TORSTAR NEWS SERVICE**



A house painter looking for casual employment sits in the shade of a bus stop as he waits for customers in Athens, Greece, on Monday.
PETROS GIANNAKOPOULOS/THE ASSOCIATED PRESS

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CATS AND THEIR CURIOUS APPEAL



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I take a lot of flak for being a "cat person." Over the years, cats have been stigmatized as antisocial creatures favoured by spinsters and compulsive hoarders. If dogs are man's best friend,

cats are like a weird creepy aunt you try to avoid at dinner parties.

In actuality, cats are quietly cool creatures. Dogs are needy companions desperate for your affection, whereas cats are a low-maintenance alternative. They won't leap against you when they enter your home or mount your leg in an unwelcome bout of excitement. They're independent and effortlessly playful in a way that doesn't scream, "Look at me! I'm trying so hard!"

Nowhere is the unintentionally comical nature of cats more evident than online. The Internet LOVES cats. Cat videos

Saucer of milk, Table 2

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

Recently, Kate Miltner from the London School of Economics earned international attention for her 98-page dissertation on the popularity of lolcats. Miltner spoke about her work at the Massachusetts Institute of Technology earlier this month during an Internet culture conference. That's right, a scholarly discussion about funny cat pictures happened inside the walls of MIT.

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

For many urbanites, full-time pet ownership is out of the question. If you work long hours and live in a highrise with restrictions on animals, spending time with rented felines is a convenient alternative.

The cafés attract men and women of all ages who are eager to hang with cats while enjoying their food and drink purrr-chases. Some establishments even cater to specific tastes, diversifying their offerings by breed, colour and weight.

For allergy sufferers and germaphobes, a café full of prowling cats might seem like a complete nightmare. But if you hasten to roll your eyes and compare visiting a cat café to brunching in the elephant enclosure at the zoo, you're missing the point.

Cities are lonely at times, and cat lovers can find themselves alienated in a culture that tends to favour canines. You have your leash-free dog parks, we can haz our cat cafés.



Kitty coffee shops are all the roar. BRUCE BENNETT/GETTY IMAGES

Hello, this is your pilot sleeping



Aviation safety

Angry pilots tired of proposed law

Pilots say they're literally losing sleep over new job rules. More than 300 airline pilots and cabin crew from across Europe protested Monday outside the European Aviation Safety Agency in Cologne, Germany, over a proposed EU law on working hours that trade unions claim could lead to increased air fatigue. **METRO WORLD NEWS**

Pilots' view



"The proposals are not based on scientific evidence. Twice we have recommended changes and twice they have rejected them."

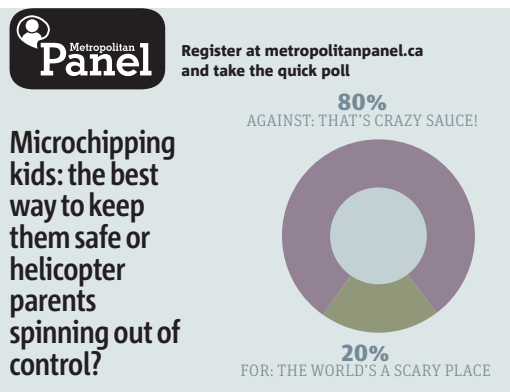
Philip von Schöppenthau, secretary general of the European Cockpit Association (ECA)
The ECA claims the latest draft law is "insufficient to protect passenger safety and reflects the airlines' commercial demands rather than scientific recommendations."

Agency's view



"No one has a monopoly in science.... These proposals are based on the best practice available."

Dominique Fouda, safety information and communications officer at the EASA
Fouda told Metro that discussions on the proposals are "still ongoing" and "two rounds of public consultation, including comments from pilot groups" have been considered for the proposed law.



Twitter

@twisttoad: I've started telling people I'm from Canada. They seem to get that faster than "Winnipeg. It's in Manitoba, in Canada." #geographylession

@wefityou: Is this Hawaii or Winnipeg? Nope! It's Winnipeg. Enjoy the day. Eat outside

@itsryanreyes:

What would you do with \$7 million if you were the city of #Winnipeg?

@mattsnothere: Why the hell does my phone say I'm roaming in Winnipeg? MTS, quit dropping the ball here.

@Jzimmer: Winnipeg is hard to navigate in. Roads are confusing :(

2

SCENE

Scene in brief

Two premieres for Chris Hemsworth

Actor Chris Hemsworth has two things to celebrate. He was at the world premiere of his new movie *Snow White and the Huntsman* Monday night, with co-stars Charlize Theron and Kristen Stewart in London. And it's his first red carpet event since becoming a dad. Hemsworth's partner, Elsa Paraky, has given birth to a daughter named India. The Australian actor says he's really happy in his new role as a father — but a little tired. In *Snow White and the Huntsman* he plays a less paternal role, as the huntsman who is sent to kill the fairy tale princess (Stewart) by the wicked queen (Theron). Directed by Rupert Sanders, the movie is out in the U.K. on May 30 and in the U.S. on June 1.

THE ASSOCIATED PRESS

On the web



Fox moves *Glee* to Thursday, turns Tuesday into comedy night



Brooklyn Decker isn't just a pretty face — the former *Sports Illustrated* swimsuit model has been landing plenty of acting gigs. HANDOUT

Brooklyn Decker toughens up for role in *Battleship*

Action acting 101.

Model-turned-actress had to prove her mettle in front of director Peter Berg

NED
EHRBAR

Metro World News in Hollywood

After making the jump from modelling to film with the Adam Sandler comedy *Just Go With It*, Brooklyn Decker has been getting something of a crash course in moviemaking. And her latest, the big budget alien invasion film *Battleship* — based loosely on the board game — provided some particularly physical lessons.

"I was shooting another movie at the time, and I actually got a set of sides and was told that Peter Berg was directing and I couldn't see a script because it was very secretive at the time," she says, noting that Berg — director of films like *Hancock* and *Friday Night Lights* — was enough.

"At the mention of the name Peter Berg, I wanted to audition for it. And so I sent in a tape from location, and then I went to L.A. and auditioned for it three times after that. And then finally I got to actually read with Pete. And I think he wanted to see how tough I was."

How tough are we talking? Let's just say that, to hear Decker tell it, Berg has a rather unique directing style.

"He's known for having a

way with directing actors," she says.

"I mean, he'll put himself on the line to make sure he gets what he wants from you in a scene. There were times when he would be screaming along with me, there were times when he would fire a machine gun off in the bushes to get a reaction he wanted."

While Decker's character doesn't actually spend any time on the water, director Berg, for his part, doesn't think that makes her any less important to the story.

"*Battleship* has a lot of different elements, and Brooklyn is a huge part of the film that has nothing to do with ships," he says.

"She's on land fighting for her life with a double-amputee. It's this crazy duo. Brooklyn

Action packed?

Decker just wants good characters

So with an action flick under her belt, is Decker looking for more explosions or heading back to comedies? (She also has the explosion-free *What to Expect When You're Expecting* due out this spring.) "You know, I just want to

play really good characters and work with really good directors," she says.

"For example, if you look at all the female characters in Pete's movies, they're so dynamic. You never see a woman in his movies play the damsel in distress. He usually makes women really well-rounded, and if I get a chance to continue playing characters like that, I'll be a very, very happy lady."

plays a physical therapist with this wounded warrior from the military, and to me that's a huge part of the film. What's happening on sea is a huge

part of the film, the global action's a huge part of the film, Obama's a huge character in the movie — his reaction is a part of it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hit me baby: Britney joins X Factor



THE
WORD
Dorothy Robinson
scene@metronews.ca

Simon Cowell and L.A. Reid finally have some company at The X Factor judges' table. At their upfront presentation yesterday, Fox confirmed the rumors that Britney Spears and Demi Lovato have signed on to the singing competition's second season. Lovato is a harmless relief, considering

Miley Cyrus' vacant little smirk was in the running. And in theory, Spears makes perfect sense: she's a former high-profile star ready for a comeback, especially one with some disaster insurance. But, even though we've watched her make Starbucks runs in her pajamas, we can't say with certainty that we've ever heard Britney Spears talk.

Tyson Beckford bares all

Tyson Beckford doesn't want you to watch his sex tape, but it's not because he's embarrassed about it. After a tape of him performing solo hit the market, the former Polo model took to Twitter: "Don't even faze me. We all do it, just mine got caught on film," he said of the footage, which was intended for the sparkly eyes of a fellow model friend.

Travolta debacle continues

There will be no public trial for at least one of John Travolta's accusers, as both sides have agreed the case should be heard by a private judge behind closed doors in mediation, according to Radar Online. The accuser in question was the second of four to come forward in the past week claiming inappropriate behavior by the Grease star during a massage. "(Lawyers for both sides) are working on the ground rules for the evidence and procedure about how the mediation will proceed," a source says.

Wedding likely for Barrymore

Drew Barrymore hasn't been very vocal about her plans, despite having a fiancé and a growing baby bump, but if a recent shopping excursion is any indication, her wedding to Will Kopelman is on its way, according to Us Weekly. Barrymore recently visited a Manhattan bridal shop — with her future mother-in-law in tow — and was spotted trying on veils. Barrymore is expected to tie the knot next month.

Jessica Simpson's baby is a fashionista thanks to mom

Jessica Simpson is loving being a new mom, though having a baby at home as led to at least one new problem: "I'm addicted to buying headbands with massive flowers for Maxwell on Etsy," Simpson posted on Twitter about her newborn daughter. "She is insanely beautiful, I can't help but play dress-up." Online shopping addictions aside, a source close to the family says Simpson is knocking it out of the park when it comes to parenthood. "Jessica is doing great and is really happy," the source tells Us Weekly.



MAY 15, 2012

BRING YOUR CAMERA

We're inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome. Read more at aday.org. Let's picture the world. Together.



VINGE

SWECO

VASAKRONAN

DN



3

LIFE

New website

Scoliosis Resource Centre

The Hospital for Sick Children – with the help of nurses, physicians, parents and teens – has developed the Scoliosis Resource Centre, a website for people diagnosed with scoliosis, a curvature of the spine that can lead to pain, cosmetic concerns and further health complications.

"The Scoliosis Resource Centre was based on extensive interviews with teens and families to determine exactly what information they needed to make important decisions about scoliosis surgery," said Dr. James Wright, surgeon-in-chief at SickKids.

The site provides accurate and Canadian-based information about: what to expect before, during and after scoliosis spinal fusion surgery, coping with emotions, personal video stories, before-and-after back photos, step-by-step description of the surgery and an animation of the surgical procedure. The information for the site was compiled through the help of physicians, nurses, parents and teens. To learn more about scoliosis surgery, visit www.aboutkidshealth.ca/scoliosis.

METRO

On the web



Blue Jays starter Brandon Morrow and country singer George Canyon urge diabetic kids to chase dreams

The 'OMG Diet': fact vs. fiction

Mythbusting a new diet. In his bestselling e-book, *Six Weeks to OMG*, sports scientist Venice Fulton promises to get you 'skinnier than all your friends.' We asked a doctor if the program is healthy enough to trust

ROMINA MCGUINNESS
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Summer is fast approaching, leaving you little time to achieve beach-body perfection. But sports scientist and author Venice Fulton warns that a restrictive diet promising rapid weight loss isn't the answer. "People need a diet that will preserve long-term health and the only way we can do that is by making them experts in understanding how food and their life interact," he says.

Combining nutrition, biochemistry, genetics and psychology, *Six Weeks to OMG* promises you'll shed the pounds. Curious, we asked nutritionist Dr. Carson Liu to weigh in on the plan.

Sleep in

Big sleepers are slimmer and generally healthier than those that survive on little sleep. You must wake up refreshed, claims Fulton. "We all vary in our genetic needs but it's best to allow your body to wake up naturally. Deep sleep allows the thyroid to reset itself properly and get back into full speed once you wake. When your thyroid is high, your metabolism is on turbo boost."

What the doctor says: Yes! Sleep also helps keep stress hormones down: they are released from the adrenal glands.



Skip breakfast

Eating a morning meal around 10 a.m., instead of breakfast increases fat burn: "Skipping breakfast allows you to burn off excess body fat as it's the one time in the day your system is running on empty and moving around," Fulton says. Ideally, you should eat three hours after you wake.

What the doctor says: No way! Eating breakfast helps you lose weight and prevents you from binge-eating at dinner.



Go skinny-dipping

Take a 15-minute cold bath in the morning. "Cold water makes the body panic, shifting your metabolic rate into overdrive as heat production is increased in order to protect the core organs," says Fulton. Essentially, the body will use stored body fat as fuel to keep you warm.

What the doctor says: Yes! Exposing the body to cold temperatures does increase metabolic rate.

Drink black coffee

Caffeine promotes weight loss by boosting the central nervous system by stimulating the fight or flight response using adrenaline. This forces fat cells to empty their contents into the blood and these free fatty acids are then transported to your muscles and used as fuel. This only works if you're drinking on the go, warns Fulton. "If you sit at your desk and not moving, this fat won't be used and will just float around until it is eventually deposited in the arteries."

What the doctor says: Yes! The caffeine in coffee increases metabolic rate and suppresses appetite. As a diuretic, coffee will also cause you to lose water weight.



Focus on satiety

We tend to overeat carbs when we should be having no more than a 40-gram portion with each meal. Size wise, that's the equivalent to a stack of four iPhones. Protein (any source) should take up half of your plate, vegetables the other half. Just don't restrict yourself. "The minute you restrict something from your diet, the more obsessively you will focus on it," adds Fulton.

What the doctor says: Yes! Cutting a certain food from our diet will only make us crave it.

Fulton's Top 3 diet tips

1 No more cheat days: You can't be strict on yourself at all times, but cheat meals/days mean you risk becoming obsessed with that one moment you 'give' yourself a treat, and you may overdo it.

2 Hunt and wait. Move around for 15 minutes before eating a meal. This will prime the body to receive the food.

3 Control cellulite: Our skin is made up collagen and elastin, both of which are damaged by high levels of insulin (sugar levels). Improve skin quality by eating carbohydrates in moderation and this will control cellulite.



Superfood

Berries fuel brain and body, new study reveals

A recent study shows that berries help keep your brain sharp. Researchers at Brigham and Women's Hospital in Boston found that older women whose diet included a high intake of flavanoid-rich berries (such as strawberries and blueberries) could delay memory decline by 2.5 years.

METRO WORLD NEWS



Walking

Get your daily dose of vitamin W



BEST HEALTH MINUTE

Bonnie Munday
Editor-in-chief
Best Health Magazine

Walking is like a miracle vitamin, because doing enough of it is guaranteed to help you drop a clothing size, banish blue moods, help you get more sleep, slash your risk for heart disease and cancer, and spice up your sex life.

Best Health magazine has just come out with a book called the Swap & Drop Diet, and in addition to its ideas about how simple food swaps can really add up over time to weight loss (it also includes a section on how to make healthy choices at fast-food and restaurant chains, a weekly meal planner and a ton of healthy recipes), we included an all-important section on walking for fitness.

It's not just Dr. Oz who recommends getting 10,000 steps a day: ParticipAction does, too, right here in Canada. And so does our Swap & Drop Diet. The reason for that magic number is that research proves walking at this level will burn enough calories to reduce the risk of obesity and chronic disease. The easiest way to reach that 10,000 number and beyond is to wear a pedometer, at least until you get some perspective on what it takes to reach this goal (pedometers can be found at sporting goods stores, fitness stores and some drug stores; they range from inexpensive to pricey). Once you see how many steps your regular day adds up to, begin to gradually increase that number by 300 to 600 steps a day.

If you have any health concerns, be sure to speak with your doctor first to ensure it's safe for you. The Swap & Drop Diet book not only has a step-by-step, easy 12-week plan you can follow, it is full of ideas for how to add more steps, too.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE GO TO BESTHEALTHMAG.CA/METRONWS

Speaking out. Funnyman on mission to show Lupus is no laughing matter

CELIA
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Patrick McKenna, one of the funniest guys on Canadian television (perhaps best known for playing the ultra-nerdy, buck-toothed Harold Green in the long-running Red Green Show), is helping raise awareness for a decidedly unfunny topic — lupus.

Lupus has been a shadow in McKenna's life because his mother, who is now 75, has had the disease for about four decades. The family didn't know what it was for many years; her symptoms were baffling. "She just generally felt like she wasn't herself," says McKenna. "We only knew that she couldn't go out in the sun and didn't like standing in lineups."

Lupus is a serious disease, but tricky to diagnose. It has been dubbed "the disease of a thousand faces" because symptoms differ so widely from person to person. Until recently, the disease was very isolating. "People suffered in silence. There was not a lot of vocabulary around it," Mc-

Kenna says.

McKenna and fellow comedians Colin Mochrie and Debra McGrath are helping Lupus Canada raise the profile of the disease. "If there is awareness, then there is discussion and if there is discussion, there are answers," he says.

Lupus is an autoimmune disease, meaning that the body's immune system, which is designed to fight foreign invaders, turn inwards and attacks the body's own cells. The resulting inflammation can occur in many different places — the skin, muscles, joints, blood vessels, lungs, heart, kidneys or brain.

While there's nothing comical about any of this, McKenna hopes that people with lupus find comfort from each other as they connect and tell their stories. "Tragedy plus time equals comedy," he says. "Right now, we're still in the tragedy part. The funny will come."

There are walks to raise awareness of lupus all over Canada. Go to walkforlupus.ca for more information.

Warm weather conjures thoughts of smoky barbecue



Bulgogi with side dishes. SVJETLANA MLINAREVIC



**LUNCH
RUSH**
Svjetlana Mlinarevic
life@metronews.ca

Every year around this time, my taste buds begin to yearn for the seared splendor of barbecued meat.

Wanting to give into my cravings, I decided Korean barbecue at Hiroba would be the perfect fix.

On a tabletop grill, my sister and I cooked the thin slices of marinated beef — known in Korean as bulgogi (\$35) — with abounding glee.

The sweet garlicky meat

complimented the firm woodiness of the enoki and eryngii mushrooms that were grilled along side of it.

Also served with the meal were several side dishes, one of which was the classic Korean favourite kimchi — a spicy fermented cabbage.

The meal was very good

and according to my sister, who lived in Korea, authentic in both taste and presentation.

As with all barbecues, it is meant to be eaten by a group. So the next time a sunny day comes around and you feel like barbecuing, why not grab a few friends and make it Korean?

Visiting the restaurant

Hiroba Japanese Restaurant

Address. 2615 Pembina Hwy.

Phone. 415-7734

Rating. 4/5

Price range. \$1.25 - \$60

Reservations. Yes

Business Lunch. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes



The event is free. The discussion is invaluable.

On May 16, join us for The Walrus RBC Conversation Series
Children and Youth Mental Health: How to Foster Mental Wellness in Our Children

Moderator: **Marcy Markusa**, co-host of CBC Information Radio

Panel Members:

- **Dr. Rob Santos**, Healthy Child Committee of Cabinet, Government of Manitoba
- **Marion Cooper**, Manager, Mental Health Promotion, Winnipeg Regional Health Authority
- **Denis Granger**, Director of Student Services, Louis Riel School Division

Wednesday, May 16, 2012

Prairie Theatre Exchange

3rd Floor, Portage Place, 393 Portage Avenue

6:15 - 7:00 p.m. Doors open and light refreshments

7:00 - 8:00 p.m. On-stage conversation and audience Q&A

Complimentary parking in Portage Place underground garage.
Bring parking ticket to be validated at Prairie Theatre Exchange.

RSVP by May 15 to roger.norberg@rbc.com or phone (204) 988-6644

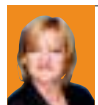
THE WALRUS



RBC
Children's Mental
Health Project

A look at the pitfalls of financial infidelity

Spending and lying. It starts with a little fib about a big purchase. Next thing you know, your relationship is in tatters



YOUR MONEY
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One of my favourite blues CDs include tunes from the first half of the 20th century. They're sung by big-voiced women and mostly about lyin', cheatin', no-good men. In one song, the singer vows to cut her man "wide and deep" if she catches up to him.

I was playing the CD recently when I realized that while the theme of the songs was in-

fidelity, it wasn't always about another woman, but rather money. "You took my money and you run, run, run/I'm gonna hunt ya down and you'll be done, done done."

Financial infidelity is as old as the other kind. And often, like the other kind, it starts relatively innocently — a small lie about a purchase or a deflection about a debt. At its worst, as television producer Carol Ross Joynt writes about in her 2011 book *Innocent Spouse*, one partner has a completely secret financial life. After her successful and wealthy restaurateur husband died suddenly of pneumonia, she discovered he owed \$3 million to the IRS.

Most financial infidelity doesn't have such monumental consequences but if you are the victim, uncovering unpaid bills or a hidden cache of cash can slice through a relationship as effectively as an affair.

More than 23,000 people responded to recent survey by Today.com and Self.com revealing that 37 per cent of men and 56 per cent of women have lied to their partner about money.

A similar survey conducted in 2009 by Credit Canada Debt

Is ignorance really bliss?

A look at who's spending and telling in relationships:

- **28%.** Check with their spouse on every single purchase
- **6%.** Never tell their spouse what they spend on anything. (April 2012, Today.com/Self.com survey)

Solutions for Credit Education Week Canada indicated that there is considerable lyin' and cheatin' going on between partners about money.

To prevent your relationship from foundering on the rocks of financial infidelity, here are a few basic rules to follow:

1. Each person should have some 'fun money' completely separate from the household accounts.
2. Even after making a stupid purchase, reveal the true price to your partner.
3. If conflict over money is longstanding in your relationship, consider marital counselling to



'Hmm... That's interesting... I don't recall buying tickets to a hockey game in Montreal.' ISTOCK IMAGES

Alison's money rule

"Financial infidelity is as damaging to a relationship as an affair."

Advice

When nature calls, don't answer



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Recently I read an article in a publication offering social advice and the question was "Is it correct to excuse your-

self from the dinner table to use the toilet?"

After reading the writer's comments, I was rather incensed at the sarcasm and lack of detail of the article. So I have decided to address this particular question myself.

Firstly, there is a rule about leaving the table: adults should not leave unless it is an unavoidable circumstance.

I think it is important to not just know a rule, but



You should only go to the restroom before, or after, your meal. ISTOCK

also to understand the reason it exists. So here are the

five reasons why one does not leave the dinner table.

1. It is not appropriate to ever leave the table to use the toilet during a meal, unless it is urgent — either go beforehand or hold it in.

2. When you leave the table, technically everyone at the table should stop eating or at least slow down and wait for you to return, thus everyone's food is getting cold and this disrupts the flow of the meal.

3. Although most people wash their hands in the restroom, the thought of a

toilet and food one after the other is just not appealing.

4. A gentleman never leaves a lady alone at the table, if at all possible.

5. In the event that you must leave the table, do not ever leave your dinner napkin on the table.

It should be left on your chair, traditionally the seat, however for hygiene reasons, it is more common to leave it either on the back of the chair or the arm of the chair.

Quote

"Let teens have their emotions, and don't rescue them. You're the parent, not the friend."
Dr. Gregory L. Jantz

T. MICHELLE MURPHY
Metro New York

Teenage years are often the

Dealing with your moody teenager

hardest to get through — not just for adolescents, but for their parents as well.

The transitional years between ages 13 and 19 bring an onslaught of internal and external conflict — ranging from pressure at school to hormonal changes. Young adults might shut down or even act out when they're trying to cope.

Dr. Gregory L. Jantz, founder of The Center for Counseling and Health Resources, recently published *When Your Teenager Becomes the Stranger in Your House*.

We asked him to tell us more about what teenagers are going through, how par-

ents can detect early warning signs and how to ease this difficult period for the whole family.

It seems like all teenagers are excessively moody. Why is that?

One of the things is the technology issue. We're finding an interesting trend with how young people are consumed with technology, as far as text messaging and screen time.

There reaches a point where the brain is oversaturated and overstimulated, and we end up creating a depressed brain with overanxiousness.

About 20 per cent of our

teenagers (in the U.S.) are clinically depressed.

That's different than moodiness.

You talk about girls and boys separately — how are their experiences different?

There are gender differences (as far as) what's going on in the brain. A boy handles depression and moodiness differently than females.

Of course, testosterone is an aggression chemical, so boys may be acting out more in a physical sense.

Girls who have unresolved depression ... the more the intensity, the more inward they become.

And with girls, we're see-

ing this at earlier and earlier ages.

How can parents communicate when teens are working so hard to shut them out?

There are three things they need from us: They need to feel accepted, understood and affirmed by us. I think oftentimes we can get very judgmental — and remember, they're hypersensitive to anything critical. (They need) to know they have value. This doesn't mean you agree with everything they say. Too often we want to fix things quickly, but we should be sure that we're listening first.



COMPACT STUDIES

PACK A FULL CREDIT INTO ONE MONTH DURING SUMMER

Summer studies may conjure up images of toiling in a dank library basement while your friends lounge on the beach, but many universities and colleges offer off-season courses that are fun and academically rewarding.

Ada Schmude, associate registrar at the University of Alberta, says that a visiting faculty member will often offer a course not normally available, or students can just focus on one subject.

"Sometimes it can be to catch up, or to get ahead, and also to take advantage of these opportunities during a time when they're not having to focus on their full-time studies," she says.

That chance to dig deep into a subject — literally — appeals to those who take the course on archeological field methods, where students get to



ISTOCKPHOTO/THINKSTOCK

learn on an actual site in Alberta. Other classes take students to the Northwest Territories to learn about design in traditional environments, or to study sustainability via outdoor education in rural Alberta (the ad shows two students paddling a canoe through rapids). Others take students abroad to learn languages and art first-hand.

Sarah Witol, program manager for professional and international programs at the University of Toronto's Wordsworth College, says the ability to pack a full academic year's credit into a month is a big appeal. International

courses take the stress out of travel, as the university does the planning, but offer more than a touristic perspective. Students stay on local campuses and live like a local student from Europe to Kenya.

She says students spend a few hours a day in the classroom four days a week and the rest of the week on field trips. "In Hong Kong, we have business students who are studying cases in class and then they go out and see some factories," Witol says. "It makes things a lot more real."

It can also be a great opportunity to

make global contacts that can flourish in later years. For other students, it's a chance to see if they really want to make a career out of their degree. "Especially for programs that are hands-on. We have a program in Jordan which is an archeological dig," she says.

If you spend a month combing through desert sands under a blazing sun and leave grinning, it's probably the right career path for you.

Courses range between \$5,000 and \$8,000, all inclusive, and there are many bursaries and grants available via student services.

— Jon Tattrie

LEARN THE ABC'S OF BROADCASTING

An inconspicuous glass wall in the lower level of the Polo Park Shopping Centre veils a school where dreams can come true.

No, not Hogwarts, but some would say magic is taught at the Academy of Broadcasting Corporation — radio, TV, and acting magic.

ABC teaches a nine-month broadcasting diploma program and a separate acting program, graduating about 60 students per year.

ABC president Bev Edmondson said

state-of-the-art equipment, class size (about 15 to 20), and instructor experience are points of pride for the school.

"Our broadcast faculty has over 100 years of broadcasting experience."

Broadcasting grads can find careers in production or as on-air talent at radio and TV stations. And the industry is healthy, Edmondson said.

"There's more small-market radio stations now than there ever has been ... radio stations don't go broke," she said, noting Manitoba alone has 45 of them.

ABC grads are working across Canada, she said, including more than 60 currently in the Winnipeg market. The success is due, in part, to the school's continued interest in students after they walk out the door.

"The school really works diligently to find you a position somewhere," said Energy 106 personality JD Francis, who graduated from ABC in 2010.

"If you want to be successful and you have the drive the teachers there will put a lot into you," Francis said.



ACADEMY OF BROADCASTING CORPORATION PHOTO

The 6,500-square-foot campus boasts a radio studio, audio and video editing suites, production computer lab, and acting studios. Edmondson said anyone interested is welcome to take a tour.

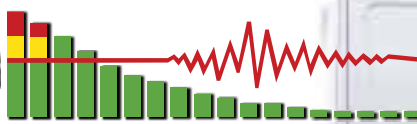
For more, see academyofbroadcasting.com.

— Sean Ledwich

MANITOBA'S MEDIA COLLEGE

Next class starts July 24

ACADEMY OF BROADCASTING CORPORATION



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(lower level of Polo Park)

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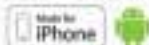
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Cycling

Canada's Ryder still on top in Italy

Canada's Ryder Hesjedal remains the man to beat at the Giro d'Italia.

The Victoria cyclist was seventh in Monday's stage to hold onto the pink leader's jersey, avoiding a crash on the final turn that took out several of the top contenders.

"Another perfect day by the team," Hesjedal said. "We took control in the approach to the last hills and I was able to benefit from perfect position."

THE ASSOCIATED PRESS

NBA



"This season has to be extended for me to play again. So that's what's on my mind."

Miami Heat forward Chris Bosh
An MRI on Monday confirmed Bosh strained a lower abdominal muscle in Miami's Game 1 victory. The team said there's no firm timetable for Bosh's return.

NBA

Cavs' Irving takes top-rookie trophy

Cleveland Cavaliers point guard Kyrie Irving, as has been expected for months, will be presented with the rookie of the year award on Tuesday, capping a season that he started as the No. 1 overall pick and finished as the NBA's clear-cut top rookie. **THE ASSOCIATED PRESS**



Kyrie Irving GETTY IMAGES FILE

NBA. 76ers' Turner turns Game 2 into win in Boston

Evan Turner made the go-ahead layup with 40.4 seconds left and Philadelphia held off Boston with six straight free throws as the 76ers evened their second-round series with an 82-81 victory Monday night.

Turner finished with 10 points and added two free throws with 12 seconds to go. Jrue Holiday scored 18 points and Andre Iguodala added 13, seven assists and six rebounds for the Sixers, who blew a 10-point fourth-quarter lead as the Celtics won Game 1.

THE ASSOCIATED PRESS



Henrik Lundqvist stops a shot by Devils forward Ilya Kovalchuk as Ryan McDonagh chases in the first period in New York, Monday night. JULIO CORTEZ/THE ASSOCIATED PRESS

Rested Devils felled by rolling Rangers

NHL. New York comes alive in third period after ousting Capitals on Saturday night

Rangers rookie Chris Kreider and defenceman Dan Girardi both had a goal and an assist in the third period, and Henrik Lundqvist stopped 21 shots for his fifth career playoff shutout, as weary New York opened the Eastern Conference finals with a 3-0 victory over the well-rested New Jersey Devils on Monday night.

Playing just two days after eliminating Washington in a stirring 2-1 Game 7 victory, the top-seeded Rangers hit their home ice again and won

Game 1	
3	0
Rangers	Devils

their third straight Game 1 of these playoffs. The Devils had been off for five days since they knocked out the Philadelphia Flyers in five games.

Shaking off suggestions they are tired, the Rangers slogged through two scoreless periods and pulled out a win with a dominating third period.

The Rangers are in the conference finals for the first time since 1997, and they

By the numbers

7

New York won Round 1 and Round 2 in Game 7s against Ottawa and Washington. No team forced to play seven-game series in the first two rounds has gone on to win the Stanley Cup.

haven't reached the Stanley Cup finals since 1994 when they beat 22-year-old goalie Martin Brodeur and the Devils in a classic seven-game series that backed up captain Mark Messier's Game 7 guarantee.

New Jersey is making its first conference finals appearance since 2003, the year they won the cup for the third time.

Girardi, who struggled at times with his defensive dut-

ies, got a perfect setup from Kreider and scored 53 seconds into the third period. Playing in just his 13th NHL game, all in these playoffs, Kreider sent a pass back from the right circle in the Devils' zone to the point. Girardi took long strides as he charged up ice and stepped into a shot that ripped through a screen in front by teammate Derek Stepan. The shot beat Brodeur for Girardi's second goal of the playoffs.

Girardi also earned a secondary assist on Kreider's power-play goal with eight minutes remaining that made it 2-0.

Artem Anisimov, who also assisted on Kreider's goal, scored into an empty net to make it 3-0 with 1:27 left.

THE ASSOCIATED PRESS

MLB

Alfonzo off hook for 100-game ban

Major League Baseball and the players' union agreed to drop the 100-game suspension imposed on Colorado Rockies catcher Eliezer Alfonzo for a positive drug test because of the same procedural issues that came up in the Ryan Braun case.

The commissioner's office said Monday that Alfonzo's ban was dropped "by mutual agreement of Major League Baseball and the Major League Baseball Players Association."

Alfonzo missed 48 games in total. **THE ASSOCIATED PRESS**

MLB. Official fired after Braun PED decision

Major League Baseball management has fired Shyam Das, the arbitrator who overturned Ryan Braun's drug suspension in February.

MLB informed Das and the players' association of its decision last week.

Das decided in February to overturn the 50-game suspension of Braun for a positive drug test. Lawyers for the Milwaukee Brewers outfielder argued that the collection procedures specified in baseball's drug agreement for the urine sample were not followed with Braun's

Quoted

"For 13 years, from the beginning to the end of his tenure, he served the parties with professionalism and distinction."

MLB union head Michael Weiner's reaction to Shyam Das' firing.

sample last Oct. 1 because it was not immediately left at a FedEx office.

THE ASSOCIATED PRESS

4

SPORTS

NFL

NFLPA challenges Saints ruling

The NFL players' union grievance against the league in the Saints bounty scandal will be heard Wednesday. The union claims commissioner Roger Goodell doesn't have the authority to hand out discipline for player conduct that occurred before the current collective bargaining agreement was finalized last August. The players argue that a CBA arbitrator, and not Goodell, has the right to decide player punishment under such circumstances, as well as rule on any appeals. **THE ASSOCIATED PRESS**

CFL

"I was always the cornerback. Whether I was a Canadian or wherever I was from, it didn't make any difference, because that's all I've ever been."

The B.C. Lions' Davis Sanchez who announced his retirement from the CFL on Monday. The 37-year-old from Delta, B.C., was drafted by Montreal sixth overall in 1999. He played 155 career games with the Alouettes, Lions, Calgary Stampeders and Edmonton Eskimos.

Mobile news



After going 14 of 30 (.467) with two doubles, nine homers and 18 RBIs last week, talk has begun as to the historic heights Texas Rangers slugger Josh Hamilton could reach this season. If he is able to stay on this seemingly impossible pace all year, Hamilton could have more than 80 homers and 200 RBIs. Scan the code for the story.

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² Discount only applied to order when the ScotiaHockey NHL Visa cardholder's promo code is entered at checkout and a ScotiaHockey NHL Visa card is used. Discount does not apply to Stanley Cup Championship merchandise, taxes, shipping and handling charges, gift wrapping or similar charges. Cannot be combined with any other promotional offer. Some additional conditions and restrictions apply. Visit shop.canada.nhl.com for details.

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⁴ ScotiaHockey Rewards points are calculated on card purchases, less returns ("Net Purchases"). Offer valid between March 26, 2012 and September 30, 2012. Offer may be withdrawn at any time without notice.

⁵ Offer subject to store skate sharpening availability, posted terms and conditions and limited to one free skate sharpening per purchase or visit. This offer is subject to change without notice.

IIHF. Sutter settled in his role with Team Canada

Brent Sutter has completely moved on.

There's been an undeniable enthusiasm radiating from Canada's coach throughout the IIHF World Hockey Championship — a job opportunity that came directly on the heels of a mutual decision to part ways with the Calgary Flames last month.

"With everything that happened there so quickly (it was good) to get away from it and come over and coach a team that's about all the right things," Sutter said Monday after practice. "These guys have all jelled together as a team, the leaders are tremendous team guys, it's a talented group, it's a young group with some experience on it that knows how to win."

"As a coach it's been great."

By coincidence, the invitation from Hockey Canada came the same day Sutter split with the Flames and gave him the opportunity to throw himself directly into a new challenge.

He wasted little time. It started with phone calls to every player before they



Brent Sutter GETTY IMAGES FILE

departed for Europe and has continued with a unique approach to the tournament. Sutter and assistants Guy Boucher and Kirk Muller made a conscious decision not to overload the players with too much talk of systems and elected to have them skate just a handful of times while opening with six games in nine days.

The team went 5-0-1 over that stretch and needs just one point from Tuesday's game against Belarus to clinch top spot in the Helsinki pool heading to the medal round.

THE CANADIAN PRESS

Coyotes look for answers against red-hot Kings



Los Angeles Kings players celebrate an Anze Kopitar goal Sunday in Glendale, Ariz. as Phoenix Coyotes defenceman Oliver Ekman-Larsson skates past. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

NHL. Phoenix tries to adjust tactics ahead of Game 2

The Phoenix Coyotes survived stretches of playing on their heels in the playoffs' first two rounds, absorbing everything the opponent threw at them before counterpunching with a winning goal.

Against the Los Angeles Kings, they quickly learned that method won't work.

More skilled and equally tenacious as Phoenix, the Kings hit the Coyotes hard and kept coming in Game 1 of the Western Conference finals, rolling to a 4-2 win Sunday night.

With Game 2 Tuesday night in the desert, the Coy-

Quoted

"We know how we play and don't worry about the matchups."

Kings centre Jarret Stoll

otes have a short turnaround to figure out a way to stop this Los Angeles juggernaut or it could end up being a short series.

"We know we need to be better," Coyotes forward Boyd Gordon said Monday after practice. "They're a very good team, they work hard, they compete and they battle. If we come out like we did in Game 1, we'll be in big trouble."

The Kings have been doing this all playoffs.

The West's last team to get in, Los Angeles has arguably been the NHL's best team in the playoffs, its combination of grit, skill and superb goaltending overwhelming opponents.

More than the technical adjustments, the Coyotes need a change in attitude, to get back to their grinding ways.

A team without any true stars, Phoenix relies on a lunch-pail approach, getting to the loose pucks first, winning individual battles all over the ice.

The Coyotes didn't do that against L.A. in Game 1.

THE ASSOCIATED PRESS

Chief accuser takes stand in Clemens trial

Speaking softly, nervously and in detail, Brian McNamee testified about the life-changing moment when, he said, he first injected Roger Clemens with steroids.

The government's star witness in the Clemens perjury retrial took the stand Monday and told the jury that he injected one of baseball's most successful pitchers with steroids about eight to 10 times when they were with the Toronto Blue Jays in 1998.

"I knew what I was doing was illegal," McNamee said. "I wish to God I could take it back."

Clemens is charged with lying to Congress when he testified in 2008 that he had never used steroids or human growth hormone. The first attempt to try him last July ended in a mistrial when prosecutors showed the jury a snippet of videotaped evidence that had been ruled inadmissible.

The retrial took until its fifth week to get to the heart of the



Brian McNamee, Roger Clemens' former strength coach, after testifying Monday in Washington, D.C. GETTY IMAGES

government's case: McNamee is the only person who will claim firsthand knowledge of Clemens using performance-enhancing drugs.

In his thick New York accent, McNamee covered a lot of ground in about four hours on the stand — and he still has much more to tell when he returns Tuesday. He recalled

how he met Clemens when McNamee was the strength and conditioning coach of the Blue Jays during the 1998 season. He said Clemens gave him a \$1,000 tip at the end of spring training, that Clemens approached him one day in the clubhouse and asked him to get rid of a bag of some 20 to 30 bottles of steroids.

Then came the fateful day in June when he was asked by Clemens to come to Clemens' apartment in the Blue Jays' Sky-Dome stadium after a game.

McNamee said he found alcohol, needle and gauze and the anabolic steroid Winstrol laid out in the bathroom. He said he felt "a little uncomfortable" while preparing the shot because he'd never done anything like it before. He said he then walked into Clemens' bedroom.

"Roger pulled down his pants, exposing his right buttocks cheek to me," McNamee said. A few seconds later, Clemens said he was ready. McNamee said he then "plunged the fluid into his buttocks."

After it was done, they "exchanged pleasantries," according to McNamee.

"That," McNamee concluded softly, "was the first time I injected Roger Clemens."

THE ASSOCIATED PRESS

Quoted

"I did it because I wanted to help and I wanted to keep my player safe.... I wasn't under the assumption that was the first time he did that."

Brian McNamee, former Blue Jays strength coach and key witness in the Clemens case.

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Crossword

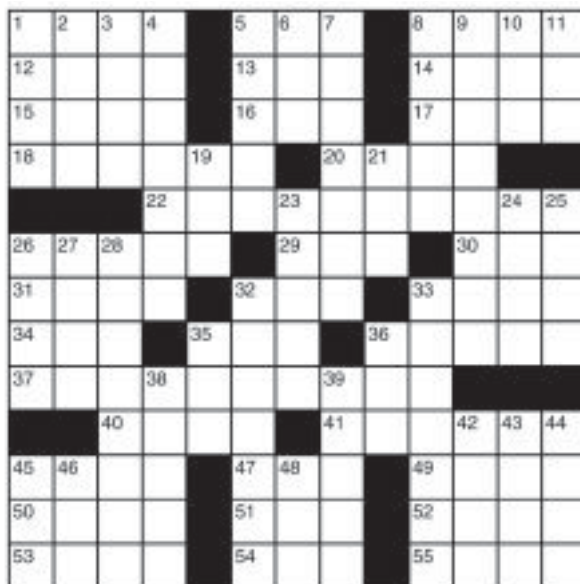
Across

- 1 Fem. counterpart
- 5 Seek damages
- 8 Layer of paint
- 12 List-ending abbr.
- 13 Mess up
- 14 Luau dance
- 15 Zilch
- 16 Compete
- 17 Particular
- 18 Latest news
- 20 Chastity's mom
- 22 1980 Jane Fonda movie
- 26 Collect
- 29 Morning moisture
- 30 Martini ingredient
- 31 Existed
- 32 Spanish literary hero
- 33 Oberlin locale
- 34 Sodom evacuee
- 35 Nosh
- 36 Before
- 37 1984 Goldie Hawn movie
- 40 Metric syllable
- 41 Rough
- 45 Vivacity
- 47 Mainlander's memento
- 49 Disturb
- 50 Poolroom prop
- 51 Moray, for one
- 52 Tittle
- 53 "Planet of the —"

- 54 Firmament
- 55 Portent

Down

- 1 Carte
- 2 Covering
- 3 Hourglass fill
- 4 Wash
- 5 Twilight time, maybe
- 6 Swiss canton
- 7 Put up
- 8 Leader
- 9 Completely
- 10 Pub order
- 11 Highlander's chapeau
- 19 "— the season ..."
- 21 Explanation
- 23 Mrs. Archie Bunker
- 24 Henry —
- 25 Carbon compound
- 26 Piercing tools
- 27 Cat call
- 28 Ruse
- 32 Rooks
- 33 Erie neighbor
- 35 Swelled head
- 36 Venusian vessel
- 38 Crannies
- 39 With aloofness
- 42 Leeway
- 43 Location
- 44 Verve



- 45 Support system?
- 46 Eminem's genre
- 48 "A mouse!"

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

NGAOL DJ MWRFLY YLWXXI
XZBLN XGOVGAP LABLXZTLN.
TLZTXL ZMRLA XGYL RZ
OWXX FGD W NLWXGAP MWA.
Yesterday's Cryptoquip: IF A FEMALE
MONARCH WERE A FAN OF LOW-QUALITY BEDS,
SHE COULD BE CALLED MARY, QUEEN OF CUTS.
Today's Cryptoquip Clue: X equals L.



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Horoscope

Aries | March 21 - April 20.

The planets urge you to push yourself hard and get tasks and chores out of the way as soon as you can.

Taurus | April 21 - May 21.

You could be a bit too free and easy today, both with your time and with your cash.

Gemini | May 22 - June 20.

You are feeling vulnerable at the moment, and although you hide it well there will be those who sense that you are not at your best. Don't let them take advantage.

Cancer | June 21 - July 22. It's quite possible that your imagination will play tricks on you and make you believe that certain things are going

wrong when, in fact, they are going right.

Leo | July 23 - Aug. 22. You seem to believe that if you don't grab as much as you can right now you will miss out altogether.

Virgo | Aug. 23 - Sept. 22.

You may not be able to explain why certain things are happening but there is no reason to get worked up about them.

Libra | Sept. 23 - Oct. 22. Current aspects make you reluctant to take risks, and that's good because you really don't need to.

Scorpio | Oct. 23 - Nov. 21.

Where money and business affairs are concerned you must be cautious, because you could easily be tricked

into thinking that you cannot lose out when, in fact, you could lose everything.

Sagittarius | Nov. 22 - Dec. 21.

Don't withhold your affections today just because someone has offended you.

Capricorn | Dec. 22 - Jan. 20.

Never forget that it's your mind that creates your world. Make it a world worth living in.

Aquarius | Jan. 21 - Feb 18.

Sometimes it pays to be on your guard.

Pisces | Feb. 19 - March 20.

What you think is a problem is not really a problem at all.

SALLY BROMPTON

Weather

TUESDAY



MAX: 20°
MIN: 8°

WEDNESDAY

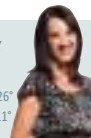


MAX: 20°
MIN: 12°

THURSDAY



MAX: 26°
MIN: 11°



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"Birds without feather, also flock together."

Virender

MATT ROURKE/THE ASSOCIATED PRESS

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